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A DIABETIC'S COOK BOOK

A DIABETIC'S COOK BOOK

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With a Foreword by
DR. LOGAN CLENDENING



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Written at the earnest solicitation of my
physician son, for the benefit of those
who have had a similar experience, and
to him, Dr. L. Mason Lyons, I dedicate
this book with much love

FOREWORD

THE authoress of this treatise was dowered by the gods at her birth with the brightest jewel in a woman's crown: she was born a good cook. And afterwards the gods, envious of their own largess, visited upon her something unpleasant: she acquired diabetes. These two utterly contradictory elements wrought within her until she developed another gift: the gift of tongues. And so she wrote this book, which is a good cook's wisdom about her own diabetes.

There is no blacker despair than that which settles on a middle-aged epicure's soul when he is told he has developed diabetes. The manuals which scientific doctors prepare for these unfortunates only appear to deepen the gloom. The insipid sound of gelatin desserts, petrolatum salad dressing, and glycerin molasses, and the pictures of scales and raw eggs, are not calculated to soothe a person on the shady side of forty whose only real pleasures are gustatory. For such Mrs. Lyons's message should be like a peal of bugles in the night. "In real life" she is in the habit of giving dinners as a sort of *tour de force*, at which an entire company sit down and exclaim with delight, to be told at the end that they have partaken entirely of a diabetic's ration.

A diabetic must, of course, have a doctor and must follow the doctor's orders. This book is in no sense intended to supplant the doctor's instructions.

Every case is different and requires individual judgment and direction. But I never saw a diabetic patient who had treated his own case for a few years who didn't know more about diabetes than any non-diabetic doctor on earth. And so on account of its human quality, the sympathetic note of one who has fought in the ranks, of deep calling to deep, as diabetic to diabetic, I believe Mrs. Lyons's book should have a place in every diabetic's technical library.

LOGAN CLENDENING.

THE MISSION OF THIS BOOK

THE real mission of this booklet is to remove that bugaboo, the scales, for the layman who has not the time to study and transcribe measurements. I have changed the diabetic measurement for food from the difficult gram and ounce to those old familiar friends, the teaspoonful, tablespoonful, cupful, and pinch. There is no reason why a diabetic should not have enough to eat—in fact, a delicious meal three times a day.

This booklet is in no way a medical treatise ; but, rather, just a few facts that have helped me and that I am sure will help others to become normal in the easiest, simplest way—a few rules and recipes to increase the tolerance and resistance for those who need it.

S. H. L.

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Chapter One



I find I have Diabetes

I FIND I HAVE DIABETES

DON'T make a joke of your diabetes ; rather, make a friend of it and live wisely and sanely with this friendly diabetes.

To be conscientious in one's diet is difficult. It is easier to be a good golf player and win all tournaments than to win a victory over one's appetite. There is no gallery at breakfast or lunch to keep one in the straight and narrow groove of one's diet.

Cheating is due to ignorance and lack of will-power. Dieting is a serious business and one must learn to conform. It is simple to follow a wisely directed diet.

Familiarize yourself with measurements so that when you take a tablespoonful of vegetables you can say mentally : " I have thirty, forty, or fifty grams," as the helping may be. Experiment in cutting your bread so that when you cut a slice you will know whether you have fifteen or twenty grams—this is most important.

I am giving a bit of history in the hope that it will help others over their trials and temptations, in order that they may profit from my experience.

I was bragging that I hadn't seen a doctor for six years professionally, and was full of pride and vain-glory about my record—and I felt justly so. Imagine my surprise when my *dentist* suggested that I consult

a physician, as he found a peculiar condition in my gums.

I obeyed at once, even though I was feeling well. I was told by the physician to go to the hospital on my way home and select a room, as he wanted me to report there before eight o'clock the following morning. I had no aches nor pains, and was wondering to myself why someone hadn't told me before that I was ill. I determined to be brave, however, and not let my family know my inward uneasiness.

The next morning before breakfast I went to the hospital and was put to bed by a smiling nurse, who tried to reassure me that I would soon be *my old self again*. The only symptom I could think of that might indicate that I wasn't myself was a tired feeling. I was usually very thirsty, and my appetite was good—too good, I found. Yet in spite of eating heartily I was losing weight.

I was like the little boy who had to go to bed when he wasn't sleepy and always had to get up when he was. I was feeling fine—so they sent me to a hospital—to bed—and hired me a nurse! So be it. I was little prepared for what followed.

I was put on a starvation diet! And when I say starvation, I mean they took away nearly all food—I really did not need a nurse to bring me my trays. *Beans for breakfast! How I hate beans!* And particularly for breakfast. One morning they tried raw cabbage, but I preferred beans. I was ready to cry; in fact, I am not sure that I didn't cry.

Lunch, the nurse explained, would really be better. Maybe it was, but by that time I had concluded that I was no longer a judge. A cup of chicken broth, so

called (I am sure the chicken merely ran through that broth on stilts and made his escape when no one was looking), with a bran muffin to eat with it, was terrible ; but since I was at the hospital to be cured, I made up my mind not to complain.

I was told to drink four glasses of water each morning and again each afternoon. This was a real ordeal, though before coming to the hospital I could drink four or five glasses of water at a time. How to drink this water was a task to be learned afresh every day—yes, twice a day—when there was nothing to eat to induce thirst.

They say one can get used to hanging, and I can almost believe this true, as I got used to starving.

One morning the attending physician was making his rounds, attended by a retinue of internes. They were much interested in my case, which Dr. S—— explained to them at some length, and I quite swelled with pride to find myself of such interest to these young men, especially a cute-looking Jap, who was all eyes and interest. When Dr. S—— left, he tweaked my large toe in sign of good-bye or good-fellowship.

“Be careful,” I exclaimed, “my toe is painful.”

“What ! You are having trouble with your toes ? Since when ? ”

And when I explained that I have had “the misery,” as our coloured population say, for two years, he called back the entire retinue of internes and examined my large toes and had them in turn examine them minutely. He immediately ordered a cage put up about my feet, to prevent anyone or anything from touching my precious large toes. I

had always blamed my shoes for my trouble, and if my toes tingled or pained, would buy another pair of shoes of different make or size to add to my already large collection. The doctor said: "This has been going on for many years." I could only catch a few words of explanation, which, after all, was not intended for my ears. It sounded very serious! How can a layman be expected to understand when a doctor launches forth in his native technical tongue?

My family came to see me and brought flowers—flowers! All I wanted was food, and when I tried to explain, they called me a "poor thing."

Every morning and afternoon a nurse would come and get a "blood-sugar sample" from the veins of my arm.

From a nice plump person of 168 pounds I dwindled until, when I left the hospital, at the end of twenty-three days, I was twenty-three pounds lighter in weight and almost sugar-free.

Chapter Two

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**Food and Food
Composition**

FOOD AND FOOD COMPOSITION

FROM the hospital I brought home with me a scale to weigh my food, a copy of Joslin's *Manual*, and much good advice about how to be strict with my diet.

I proceeded to study diets and recipes. They are simple, palatable, and practical. While a diabetic is warned against food that is too rich, there is no reason why meals for a diabetic person should not be delicious, well-balanced, and beautifully prepared. Right feeding can become a normal habit, with no especial hardship entailed. All diabetics with severe cases should weigh their food, and portion out accurately for the three meals the same amount of carbohydrates, proteins, and fat.

Food for a diabetic should be simple, digestible, and easy to obtain. The diet should be constructed as far as possible of articles on the normal diet. Rare and unseasonable foods and those difficult to obtain should be avoided.

A diabetic is warned against the use of patent foods, because they usually contain more protein or starches not mentioned. Be truthful with yourself.

Food is burned in the body as fuel is burned in a stove. It is most essential that every diabetic make a study of food tables and learn to figure the composition and caloric value of food.

A diabetic should be made to realize that his health

lies largely in his own hands, and that the friends who assist him in keeping his diet are the ones to cultivate. Do not be influenced by those who say: "A little of this won't hurt you," because it is always harmful to break one's diet.

All staple foods, with the exception of sugar, are included in a diabetic diet. The diet consists of vegetables, fruits, milk, meat, bacon, eggs, bread, cereals, butter, cream, and salad dressings. Food may be defined as any substance taken into the body which will furnish heat and energy, build and repair tissue, and regulate secretory and motor processes. Foods may be classified according to their functions in the body. Overweight can often be traced to an excessive use of fat and should be guarded against in a diabetic. Try to attain a normal weight and keep it.

VITAMINS are substances of unknown composition which exist in all food and are necessary for normal nutrition and growth; a deficiency of a vitamin is responsible for such diseases as rickets and scurvy. Retarded growth is sometimes the result of an unbalanced diet.

CARBOHYDRATES, proteins, and fats make up a diabetic diet. Carbohydrates are the source of heat and energy and are changed to sugar during the process of digestion. The chief source of proteins are milk, milk products, eggs, meat, fish, and poultry. Nuts, beans, and peas also contain a large percentage of proteins.

FATS are obtained from both animal and vegetable sources. Butter, olive-oil, lard, and vegetable oils are pure fats, because they contain no carbohydrates or proteins. Cream, olives, and nuts have a high

percentage of fats, as have avocado pears, which are 25 per cent fat. Olives are eaten as a relish rather than for the nutritive value of their oils.

MENU. The menu should provide sufficient variety; the diet should not become monotonous. To insure variety a diabetic must be able to compute his own diet and be familiar with foods, so that he can make necessary substitutions.

TABLE SALT contains 99 per cent of sodium chloride and gives zest to many foods otherwise tasteless. Diabetics are advised to use salt sparingly as it retards elimination of urine.

NUTS are eaten mainly as a dessert.

CEREALS. All cereals have approximately the same composition, but oatmeal is generally used by diabetics. It should be weighed before cooking.

MILK, the most important of animal foods, contains all the elements necessary for the maintenance of life and constitutes a complete food. It should be used by the diabetic.

WATER is the chief constituent of all beverages and also enters into the composition of all solid foods. Water is the chief source of iodine, and for this reason the advisability of drinking water is stressed. A general rule is to drink from four to six glasses of water daily in addition to the water obtained from various foods and beverages, such as fruit juices, tea, coffee, cocoa, and cream in the proportion allowed in one's diet.

CONSTIPATION. If you are constipated, there are two harmless things you can try. Each morning as a cereal use one tablespoonful of granular unsweetened agar, combined with one tablespoonful of diabetic

washed bran with cream. This is made more palatable by adding small pieces of bacon—ten to twenty grams according to the amount of bacon allowed on the diet. To vary the monotony or to suit one's taste one can add the juice of half an orange to one level tablespoonful of agar and one level tablespoonful of washed bran.

AGAR AND BRAN have no food value; they add bulk to the diet. When I started to use them, I took them with each meal. Cream was the article most liberally allowed on my diet, and ways had to be found for using it. Bran and agar absorb a large amount.

SAUERKRAUT. A second thing I use for constipation is two ounces of tomato juice combined with two ounces of sauerkraut juice, always using this for both lunch and dinner, with happy results.

WHAT DIABETES IS. Diabetes is a disease due to faulty metabolism, the salient feature of which is a lessening or complete loss in the cells of the capacity for utilization and storage of sugar. This sugar is derived from the food consumed. Most of the sugar in the urine and blood comes from carbohydrates. Fifty-eight per cent of all the protein eaten (meat, fish, eggs, and milk) becomes sugar and starch in the process of digestion, and 10 per cent becomes fat.

INSULIN. Diabetes is always treated by diet, either alone or with insulin. If the diabetic cannot take an adequate amount of food without the appearance of sugar in the urine, then he should by all means take insulin. A diabetic need not always continue taking insulin, and mild cases can get along without it, or use it for only a short time. Insulin affords a

quick method of freeing the urine of sugar, reducing the blood-sugar to normal, and allowing a more liberal diet. Before the discovery of insulin a diabetic was put on a starvation diet, against which he often greatly rebelled. Overeating is a fundamental cause of diabetes.

Everyone with diabetes must put himself under the care of a physician and conform strictly to his treatment. There are also some very good books on diabetes and its care which are useful to the patient. I have always used Joslin's *Diabetic Manual*,¹ and later Sansum's *Treatment of Diabetes Mellitus*.² Read and re-read them and familiarize yourself with their contents.

¹ Elliott Proctor Joslin : *A Diabetic Manual for the Mutual Use of Doctor and Patient* (Philadelphia : Lea and Tebiger, 1918 ; fourth edition, revised, 1929).

² William D. Sansum : *Treatment of Diabetes Mellitus with Higher Carbohydrate Diets* (New York : Harper and Brothers, 1929).

Chapter Three

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Timely Advice

TIMELY ADVICE

TEETH. The care of the body is very important and must receive special attention. The slogan "Brush your teeth twice a day, see your dentist twice a year" is especially true for a diabetic. Have all non-vital teeth X-rayed at least once a year. Many ills are caused by teeth.

BATHE every day, in warm, but not too hot, water. Afterwards dry the body carefully and thoroughly and use a good body-powder.

FEET. The feet need careful attention. A massage for three to five minutes with cocoa butter or cream after bathing is very beneficial. Wipe off the oil and use talcum powder. Never put on the same pair of stockings a second time. When your feet need attention, go to a chiropodist whom you know to be sanitary, and always explain that you have diabetes. If, for any reason, your chiropodist tells you to keep your feet out of water for two or three weeks, and if you want something more than a sponge bath, put rubber gloves on your feet to protect them from getting wet and go to it. I have proved that this is most satisfactory. It is also a good plan to change one's position frequently when sitting, in order to promote better circulation.

EXERCISE is important. If one is able, a half-hour walk is beneficial, if not at one time, then in periods of ten minutes. Sun-baths, too, are very beneficial.

CLOTHING. Wear proper clothing. I am usually chilly and I attribute this to lack of starch and sugar. Wear warm light-weight clothing in season.

SHOES. A walking-shoe with low heels and a good arch support are strongly advised.

ELASTIC STOCKINGS. If you wear elastic stockings, wash them once a week with warm water and Castile soap. Rinse them in warm water, wring them out in a bath towel, and hang them to dry on a bath towel, being careful to pull them into shape again. When you put them on, use lamb's wool on the instep and at the heel to prevent chafing. Change the wool as often as necessary, never letting it get hard or soiled.

TRUSS. If you use a truss, powder the parts that come in contact with it and use lamb's wool in padding. Lamb's wool is better than absorbent cotton for these purposes.

REST. Don't get overtired. Rest often during the day if possible.

GLASSES. If you wear glasses, cleanse them often.

VENTILATION. Ventilate your room thoroughly at night, but have enough comforts and blankets on the bed in order not to take cold.

DIVERSION. There is nothing worse for a man or woman who has diabetes than to stay too closely at home and within the reach and smell of food. There is a constant temptation toward forbidden foods and overstepping one's diet. So a diabetic must hunt for diversion in walks, drives, gardening, pictures, theatres, and games. Cultivate an even disposition. Avoid emotional upsets.

TEST URINE. Test your urine frequently, or have

it tested, to find out if you are responding to the diet and treatment.

BLOOD CHEMISTRY. Some diabetics have a high kidney-barrier and fail to show sugar in the urine unless there is an excessive amount. Therefore, have a chemical test of the blood made at least once a month.

HOW TO TEST URINE. There are many tests for sugar in the urine. The Benedict test is one of the best and simplest. There is a very comprehensive chapter on examination of urine in Joslin's *Manual*.

But I fell. After a year or so I began to cheat. I fooled that doctor. Why should I believe him? I was sure by this time that I was cured. Why cut out all the good food I was missing just to please a doctor? I made up my mind to eat and be happy. Why punish myself? When my family had delicious food, why shouldn't I have it also?

I paid dearly for this foolish lack of will-power and deliberate ignoring of what it would lead to.

I started by saying: "A little of this will do me no harm; just a taste," and would take *some taste*! If the coffee cake looked especially good, I would take a portion and enjoy it as formerly. If I went out to dinner and a friend said: "I made this dessert myself. It hasn't much sugar in it," and displayed to my admiring eyes a double-deck something, I would willingly and gladly fall for it. Alas! My will-power couldn't hold up against the temptation.

But soon I realized that my vision wasn't so good! I reflected: "I am forty-six; maybe my age is affecting my eyesight." One eye seemed to have a

film over it—not a motion-picture film either—no motion at all, quite the reverse. I couldn't see at all with my right eye.

To the oculist this time. After innumerable tests and X-rays for sinus, and head pictures taken at much expense, I remembered to tell the specialist that maybe my trouble was caused by diabetes, because once—some good doctor told me I had it. Hold everything! All examinations were suspended—diabetes was again the answer! So I found out that I cared more for food than I did for my right eye.

Again I was starved, sweated, and purged. The daily sweat bath was quite a task, but I learned to take it with music. The eyesight began to improve, but the order went forth: spectacles from then on and forever.

No more cheating myself—nor the doctor this time.

I studied every tray brought to me and took careful note of the portions and the amount of grams in all food served. I began to be very serious about my diet and became a student of what I was to live on for the rest of my life. Soon I began to see a light shining through the black cloud that seemed my fate.

Diabetes, instead of being an enemy, I felt could be converted into a friend. Now I make light of being on a diet and instead pity those in my family who can't share in my delightful diabetic dishes. Instead of being sorry for myself I feel as though I were selfish to be the only one who has that good old friend Diabetes, with its many special dishes and attentions.

Careful attention should be given to the ratio of carbohydrates to fat in the diabetic diet. The excessive use of protein may lead to many ills, such as acidosis, high blood-pressure, and impaired vision. Sansum believes that a high-protein diet may be responsible for these conditions. For that reason he advocates a diet with the ratio of two carbohydrates to one of fat. The ratio of two to one allows the use of more generous servings of fruit, vegetables, and milk. Such a diet is more nearly normal, and a patient on this diet becomes stronger and more alert, and improvement in tolerance will become more rapid.

Study these menus and add more seasoning if you may have it. Since I know a little about cooking and enjoy it, I advise my readers to do their own cooking, as there is much enjoyment to be got out of it.

My most interesting diversion now is to invent new combinations in foods to replace those I was once allowed—and the following is the result of several years of study and transcribing of measurements.

Chapter Four



Meat

MEAT

MEAT is the edible portion of an animal. It includes the organs as well as the muscle. The term "meat" applies to the food derived from poultry, game, and fish as well as that derived from animals ordinarily slaughtered for the market. Meat is eaten because of its richness in proteins. It contains about 20 per cent protein, with a variable amount of fat and other substances, and 70 per cent water. The proteins of meat furnish in liberal measure the factors necessary for tissue building and repair. Meat is the most nourishing and the most relished of all foods. It is a daily necessity in almost every household.

BEEF is more commonly eaten in this country than any other meat.

VEAL is the meat of calf. Since meat from young calves is tough and indigestible, it is required by law that a calf be at least three weeks old before it can be slaughtered. Because of the belief that veal is not so digestible as other forms of meat it is usually avoided by invalids.

MUTTON AND LAMB are desirable forms of meat. The leg and chops are the most popular.

PORK has a higher fat content than other kinds of meat, and this makes it less easily digested by some people. Well-smoked ham is tender and by many easily digested.

POULTRY. The meat of poultry and game does not

differ in nutritive qualities from other meats. The supply of proteins and vitamins is essentially the same. There is the same amount of nutrition in dark as in white meat of poultry.

The proteins of meat are surpassed in nutritive quality only by those of milk.

LIVER. The superiority in food value of the organs, particularly the liver, as regards vitamin content and blood-building properties and the high quality of their proteins, should be emphasized. Liver contains large quantities of iron and copper.

FISH does not differ materially from other forms of meat. It contains more of the gelatin substance. Its proteins are fully equal in nutritive value to those of other meat, and it is in all cases a fitting substitute for it. For those who lead an inactive life fish is especially valuable on account of its easy digestibility. Fish may be boiled, broiled, fried, or baked. Smoked whitefish, canned salmon, etc., can be used where fresh fish is not available.

SEA FOOD such as lobsters, crabs, oysters, clams, and scallops is recommended because of their nourishing qualities and ready assimilation. Care must be taken to keep within the required portion per meal.

GRAVY. To thicken gravy use either sweet cream or sour cream. Egg yolks also thicken gravy.

LIST OF MEATS, MEDIUM SERVING

	calories per 100 gms.
BEEF ROAST—slice 3 in. \times 3 $\frac{1}{4}$ in. \times $\frac{3}{4}$ in. thick	347
BEEF STEAK—tenderloin, 3 in. \times 3 $\frac{1}{4}$ in. \times $\frac{1}{2}$ in. thick	278
BEEF STEAK—porterhouse, 3 in. \times 2 in. \times $\frac{3}{4}$ in. thick	187
LAMB ROAST—2 in. \times 3 in. \times $\frac{1}{4}$ in. thick	225
LAMB CHOP— $\frac{1}{2}$ in. \times 2 in. thick—1 large chop or 2 small	350
LAMB STEW—small serving	290
VEAL CUTLET—small— $\frac{1}{2}$ in. thick	150
VEAL ROAST—same as beef	190
VEAL STEW—small serving	150
PORK CHOP—1 in. \times $\frac{1}{4}$ in. thick	337
PORK ROAST—2 in. \times 3 in. \times $\frac{1}{4}$ in. thick	325
BACON—protein 10, fat 25—3 to 4 slices	625
CHICKEN BROILED— $\frac{1}{4}$ roasted 1 medium slice of light or dark meat	110-50
ROAST TURKEY—medium slice	290
DUCK ROAST—medium slice	250
HAM FRIED—medium slice	280
COLD BOILED HAM—2 small slices, 4 $\frac{1}{2}$ in. \times 2 in. \times $\frac{1}{8}$ in.	50
FISH—2 in. \times 2 in. \times 1 in.	50

Liver may be used every day to good advantage regardless of other meats on one's diet.

TO COMPUTE ONE'S DIET

Your physician tells you the amount of carbohydrates, proteins, and fats you are allowed per day. This you divide by three so that your three meals have the same food value, and the same amounts of carbohydrates, proteins, and fats per meal. Take your sample diet charts and menus and compare your own needs with it and jot down your findings. Total them to see that they tally. This requires practice, but it is soon learned.

SOME MEAT SUBSTITUTES

					grams
SARDINES—2 large	50
EGGS—2	100
COTTAGE CHEESE—2 tablespoonfuls	60
AMERICAN CHEESE—2 × 1 × 1 in.	40
CREAM CHEESE— $\frac{3}{4}$ cake	50
M	n. serving	protein	fat	carbohydrates	
CHICKEN À LA KING	.	7	8	3	50-60
BAKED EGG—CREAM CHEESE	14	23	1	50-60	
SALMON SOUFFLÉ	.	11	17	1	50-60
BAKED CUSTARD	.	5	16	3	50-60
BAVARIAN CREAM	.	7	8	1	50-60
GELATIN	.	4	0	5	4
SNOW PUDDING	.	7	0	2	0
CANNED SALMON— $\frac{1}{3}$ cup	50
TONGUE—3 thin slices	50
BUTTER— $\frac{1}{2}$ in. square	50
COLD BOILED HAM—thin slice	50

Chapter Five

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Desserts

DESSERTS

UNTIL a diabetic is sugar-free, his only dessert is agar jelly. The bitterest pill of all is usually that hated order : " No sweets." But as one's tolerance rises, slowly the dessert creeps back into the menu, and it is usually hailed with delight by the diabetic. Here I give you a gold mine. From the day I left the hospital five years ago, not knowing how to prepare a single dessert, until now, when I can present these recipes to you, is a big step forward. Each recipe has been tested. The proportions are for only one person, but if you wish, they can be increased to meet the demands of an entire family. They are really delicious.

BRAN MUFFINS

- 1 CUPFUL WASHED BRAN
- $\frac{1}{2}$ TEASPOONFUL BAKING-POWDER
- 2 EGGS BEATEN SEPARATELY
- $\frac{1}{2}$ CUPFUL WARM WATER
- 2 TABLESPOONFULS MELTED BUTTER
- PINCH OF SALT

Beat the yolks until lemon-coloured ; then add the melted butter and beat again. Add salt and baking-powder to the bran ; mix this into the beaten mixture. Add the warm water and, last, the egg whites, beaten

stiff. Heat pans very hot, with butter in them to grease. Divide evenly into 9 muffins and bake from 20 to 30 minutes.

Food value per muffin : carbohydrates, 0 ; proteins, 0.5 ; fats, 3.

ALMOND SPONGE CAKE

2 TABLESPOONFULS BLANCHED AND GRATED ALMONDS

2 EGGS BEATEN SEPARATELY

A PINCH OF SALT

1½ GRAINS OF SACCHARIN

1 TEASPOONFUL GRATED LEMON RIND

Beat the whites of eggs stiff and dry with a Dover egg-beater. Beat the yolks light and foamy with a Dover beater. Combine the whites and yolks of the eggs and beat again ; add the lemon rind and saccharin and, last, the almond meal. Bake in a moderate oven in a well-buttered cake-tin 20 minutes.

Food value : carbohydrate, 28.4 ; protein, 16.3 ; fat, 19.1.

ALMOND COOKIES

8 TABLESPOONFULS BUTTER—*equal to 100 grams*

12 TABLESPOONFULS GRATED ALMONDS—1 cup = 100 grams

1 EGG YOLK

10 DROPS VANILLA

3 HARD-BOILED EGG YOLKS

3 GRAINS SACCHARIN

1 TEASPOONFUL GRATED RIND OF LEMON

Cream butter ; add almonds and the strained egg yolks ; add other ingredients ; then stir in raw egg yolk. Bake on a cookie sheet that has been buttered and covered with waxed paper. Drop mixture from a spoon to make 20 cookies. Bake in a moderate oven 30 minutes.

The food value per cookie is : protein, 3.4 ; carbohydrate, 1.6 ; fat, 12.

ALMOND MACAROONS

- 2 EGG WHITES
- 1 TEASPOONFUL GRATED LEMON RIND
- 4 TABLESPOONFULS BLANCHED AND GRATED ALMONDS
- 1½ GRAINS SACCHARIN

Beat egg whites with a Dover egg-beater until dry and stiff, add the grated lemon rind and saccharin, last fold in the almond meal. This makes 7 kisses dropped from a spoon on to waxed paper. Bake in a very slow oven for 45 minutes.

Food value per cookie is : protein, 2.1 ; carbohydrate, 1.1 ; fat, 0.4.

PIE CRUST

Just rye bread crumbs or washed bran patted to the sides and bottom of a pie tin, with plenty of butter in first. Or one-half almond meal and rye bread crumbs mixed together and mixed with melted butter.

CINNAMON DROP COOKIES

- 8 TABLESPOONFULS GRATED ALMONDS
- 2 EGGS SEPARATED AND WELL BEATEN
- 2 TEASPOONFULS GROUND CINNAMON
- 2 GRAINS SACCHARIN

Beat egg whites stiff and the yolks creamy with Dover egg-beater. Fold in carefully the yolks, to which the cinnamon has been added, into white of egg. Stir in the grated almonds and last the saccharin. This is baked on a greased cookie sheet with an oiled paper on it. Drop the mixture on the oil paper and bake 15 minutes in moderate oven. This makes 20 cookies.

Food value of each cookie : protein, 1.9 ; carbohydrate, 0.4 ; fat, 8.2.

PLAIN CUSTARD

- 1 EGG
- 4 TABLESPOONFULS CREAM
- 4 TABLESPOONFULS WATER
- $\frac{1}{2}$ GRAIN SACCHARIN
- $\frac{1}{4}$ TEASPOONFUL VANILLA OR MAPLEINE

Beat the egg thoroughly ; add cream and water and flavouring. Boil in double boiler until custard coats the spoon. Bake in a moderate oven in two ramekins set in a pan of water.

Food value of each : carbohydrates, 1 ; proteins, 4 ; fats, 9.

BAVARIAN CREAM

- I EGG
- $\frac{1}{4}$ CUPFUL WATER
- $\frac{1}{2}$ TEASPOONFUL GELATIN
- $\frac{1}{4}$ TEASPOONFUL MAPLEINE
- $\frac{1}{4}$ GRAIN SACCHARIN
- 5 TABLESPOONFULS CREAM
- $\frac{1}{4}$ TEASPOONFUL GRATED LEMON RIND

Beat the yolk of the egg until lemon-colour, then add lemon rind. Soak gelatin in $\frac{1}{4}$ cupful of water heated, and add to the egg yolk. Add cream. Cook on a slow fire, stirring constantly and carefully until the mixture begins to thicken. Remove from the fire and add mapleine and saccharin. Have the egg white beaten stiff and beat in the custard, one tablespoonful at a time, until all the custard has been beaten into the white of egg. Mould in a glass dish and put in refrigerator until time to use. Serve with cream or plain.

Food value : carbohydrates, 7 ; proteins, 4.4 ; fats, 21 (plus cream if used when served).

COFFEE BAVARIAN CREAM

- 5 TABLESPOONFULS COFFEE
- $\frac{1}{2}$ TEASPOONFUL GELATIN
- 4 TABLESPOONFULS CREAM
- $\frac{1}{2}$ GRAIN SACCHARIN
- I EGG

Dissolve $\frac{1}{2}$ teaspoonful of gelatin in 5 tablespoonfuls of warm coffee. Beat the egg yolk and add 4 tablespoonfuls of cream to which $\frac{1}{2}$ grain saccharin has been added. Mix together and cook like a custard, stirring carefully and constantly. When thick, remove from the fire, have the egg white beaten stiff, and beat in the cooked custard, 1 tablespoonful at a time, until all the custard has been used. Mould in two portions. Set away to chill.

Food value of each portion : carbohydrates, 2.5 ; proteins, 5 ; fats, 20.

COCOA BAVARIAN CREAM

- $\frac{1}{2}$ TEASPOONFUL PLAIN GRANULAR AGAR
- 1 HEAPING TEASPOONFUL OF COCOA
- $\frac{1}{4}$ TEASPOONFUL VANILLA
- 4 TABLESPOONFULS CREAM
- 5 TABLESPOONFULS WATER

Boil the agar in water for three minutes. Mix 1 teaspoonful diabetic cocoa in 2 tablespoonfuls water and stir until smooth. Add vanilla and 4 tablespoonfuls cream. Add this mixture to the boiling agar and water and bring to a good boil, about 2 minutes. Pour into two moulds and chill before serving.

Food value : carbohydrates, 5 ; proteins, 2.7 ; fats, 20.

Of each : carbohydrates, 2.5 ; proteins, 1.4 ; fats, 10.

COFFEE JELLY

- I TABLESPOONFUL PLAIN GRANULAR AGAR
- I CUPFUL WATER
- $\frac{1}{2}$ GRAIN SACCHARIN
- I CUPFUL COFFEE, POSTUM, OR KAFFEE HAG

Boil a tablespoonful of agar in 1 cupful of water for 3 minutes, until the agar is dissolved. Add a cupful of either coffee, Postum, or Kaffee Hag and saccharin. Put the mixture into a glass bowl and set away to jell. This does not take long to jell.

No food value unless eaten with cream.

COTTAGE CHEESE PIE

For crust : Butter an individual pie dish and add all the washed bran that will stick to the butter.

For filling :

- $\frac{1}{2}$ GRAIN SACCHARIN
- I EGG
- $\frac{1}{4}$ TEASPOONFUL GRATED LEMON RIND
- $\frac{1}{2}$ TEASPOONFUL BUTTER
- 2 TABLESPOONFULS CREAM
- 2 TABLESPOONFULS CREAM CHEESE

Put through a sieve the cheese and butter. Have the egg yolk beaten well and add the cheese and cream, then the saccharin and lemon rind, and lastly the beaten white. Pour into the pie dish and bake in a moderate oven 15 minutes.

Food value : carbohydrates, 1.9 ; proteins, 7-9 ; fats, 25.

ORANGE JELLY

JUICE OF 1 SMALL ORANGE
 $\frac{1}{2}$ GRAIN SACCHARIN
1 TEASPOONFUL LEMON JUICE
1 CUPFUL WATER
1 TABLESPOONFUL AGAR GRANULAR

Allow the water and agar to boil for 3 minutes or until the agar is dissolved. Add lemon and orange juice and saccharin. Put aside to jell.

Food value : carbohydrates, 10 ; proteins, 0 ; fats, 0, unless this is served with cream.

STRAWBERRY MOUSSE

1 TEASPOONFUL GELATIN
10 TABLESPOONFULS WHIPPING CREAM
7 TABLESPOONFULS CRUSHED STRAWBERRIES
 $\frac{1}{2}$ GRAIN SACCHARIN
1 WHITE OF EGG

Dissolve the gelatin in 1 tablespoonful of cold water. Heat spoonfuls of cream and add to the mixture of water and gelatin. Whip the rest of the cream and saccharin together. Beat the white of an egg stiff and add it to the whipped cream to which the gelatin mixture has been added. Put in a glass mould and into your electric refrigerator for 2 hours.

Food value : carbohydrates, 16 ; proteins, 11 ; fats, 45.

FRUIT CUP

1 DICED PEACH
 $\frac{1}{3}$ CUPFUL STRAWBERRIES
 $\frac{1}{3}$ CUPFUL RASPBERRIES
A LITTLE LEMON JUICE
SACCHARIN

In this day of electrical refrigeration many delicious desserts can be made in them called mousses. Several different fruit mousses can be made, as well as cream mousses.

Makes a delicious dessert.

PEACH MOUSSE

1 TEASPOONFUL GELATIN
10 TABLESPOONFULS WHIPPING CREAM
 $\frac{1}{2}$ GRAIN SACCHARIN
7 TABLESPOONFULS CRUSHED PEACH
1 WHITE OF EGG

Dissolve the gelatin in 1 tablespoonful of cold water. Heat 2 tablespoonfuls of cream and add to the mixture of water and gelatin. Whip the rest of the cream and saccharin together. Beat the egg white stiff and add to the beaten cream to which the gelatin mixture has been added. Pour into a glass mould and put into the electric refrigerator for 2 hours.

Food value : carbohydrates, 16 ; proteins, 11 ; fats, 45.

Raspberries or blackberries may also be used in mousse if desired.

MAPLE MOUSSE

- 1 TEASPOONFUL GELATIN
- 1 WHITE OF EGG
- $\frac{1}{2}$ TEASPOONFUL MAPLEINE
- $\frac{1}{2}$ GRAIN SACCHARIN
- 10 TABLESPOONFULS WHIPPING CREAM

Dissolve the gelatin in 1 teaspoonful of cold water. Heat 2 tablespoonfuls of whipping cream and add to the mixture of gelatin and water. Whip the rest of the cream and saccharin together. Beat the white of egg stiff and add to the whipped cream to which the gelatin mixture has been added. Pour into a glass mould and put into the electric refrigerator for 2 hours.

Food value : carbohydrates, 10 ; proteins, 11 ; fats, 45.

APRICOT WHIP

Cook 5 or 6 dried apricots 3 times, as with thrice-cooked prunes, and cut them up. Whip 4 tablespoonfuls of double cream and mix in fruit lightly. Put into glass and chill and serve.

Food value : carbohydrates, 13 ; proteins, 3 ; fats, 20.

SNOW PUDDING

1 PACKAGE LEMON D'ZERTA

1 EGG WHITE

Dissolve D'Zerta as directed on the package. When the edges begin to set, add the stiff-beaten white of an egg. Put into a glass, chill, and serve.

Food value : carbohydrates, 0 ; proteins, 5 ; fats,

PRUNE WHIP

5 PRUNES

1 EGG WHITE

1 TEASPOONFUL LEMON JUICE

 $\frac{1}{2}$ GRAIN SACCHARIN

Have prunes thrice cooked and then mash fine. Beat egg white stiff and add prunes, lemon juice, and saccharin. Bake in a ramekin in a pan of water about 25 to 30 minutes in a moderate oven.

Food value : carbohydrates, 10 ; proteins, 3 ; fats, 0.

PRUNE WHIP

5 PRUNES, THRICE COOKED AND MASHED

4 TABLESPOONFULS WHIPPING CREAM

Whip the cream and add the prunes. Pile lightly in a glass dish, chill, and serve.

Food value : carbohydrates, 9 ; proteins, 3 ; fats, 20.

TAPIOCA CREAM

- 6 TABLESPOONFULS MILK
- 1 TABLESPOONFUL TAPIOCA
- $\frac{1}{2}$ EGG
- $\frac{1}{4}$ TEASPOONFUL VANILLA
- $\frac{1}{2}$ GRAIN SACCHARIN
- 1 PINCH SALT

Cook the milk and tapioca in a double boiler until the tapioca is transparent. Beat the white and the yolk of an egg separately. Add $\frac{1}{2}$ yolk to the boiled mixture, stirring constantly until the mixture thickens. Add vanilla, and when it is off fire stir into $\frac{1}{2}$ the beaten egg white, to which the pinch of salt and saccharin have been added. Pour into a dish, chill, and serve.

Food value : carbohydrates, 9 ; proteins, 6 ; fats, 7.

BANANA CUSTARD

- 2 LEVEL TABLESPOONFULS MASHED BANANA
- 12 TABLESPOONFULS MILK
- 1 TABLESPOONFUL LEMON JUICE
- 1 EGG
- $\frac{1}{2}$ GRAIN SACCHARIN

Mash the banana and pour over it the lemon juice. Prepare in a double boiler a soft custard of egg and milk. On removing it from the fire add saccharin and pour it over the banana and stir well. Cool and serve.

Food value : carbohydrates, 22 ; proteins, 13 ; fats, 14.

BROWN BETTY

- $\frac{3}{4}$ CUPFUL DICED APPLES
- 2 TABLESPOONFULS BROWNED BREAD CRUMBS
- SMALL SQUARE BUTTER
- $\frac{1}{2}$ GRAIN SACCHARIN

Butter a small ramekin and put $\frac{1}{2}$ the bread crumbs on the bottom. Cover with a layer of sliced apples and use a dash of cinnamon and bits of the butter. Alternate with crumbs and apples until all are used, having a layer of crumbs on top. Bake in a moderate oven.

Food value : carbohydrates, 23 ; proteins, 2 ; fats, 4.

PINEAPPLE JELLY

- 1 CUPFUL HOME-CANNED CRUSHED PINEAPPLE (OR FRESH)
- 1 CUPFUL WATER
- $\frac{1}{4}$ GRAIN SACCHARIN
- 1 TABLESPOONFUL GRANULAR AGAR

Boil the water and agar until dissolved, about 2 or 3 minutes. Remove from the fire, add fruit and saccharin, and set away to cool.

Food value : carbohydrates, 15 ; proteins, 0 ; fats, 0.

Peaches can also be used for this recipe. *Food value :* carbohydrates, 10 ; proteins, 0 ; fats, 0.

Chapter Six
★
Recipes for those
on a
less strict Diet

RECIPES FOR THOSE ON A LESS STRICT DIET

(Recipes for those who must avoid starch and sugar—who have a mild form of diabetes and are not compelled to compute their diet)

COOKIES

- $\frac{1}{2}$ CUPFUL OF NUT MEATS (GROUND PECANS OR ALMONDS)
- $\frac{1}{2}$ CUPFUL RYE BREAD CRUMBS
- 1 TABLESPOONFUL LOEB'S DIABETIC OR DROSTE'S COCOA
- 1 TEASPOONFUL OF CINNAMON
- 1 TEASPOONFUL OF CLOVE
- $\frac{1}{4}$ CUPFUL MELTED BUTTER
- 2 WHOLE EGGS
- 2 GRAINS SACCHARIN CRUSHED

Mix well. Mould in palms greased with butter. Then place a pecan or almond in the centre of each cookie. Bake in a moderate oven 20 minutes. This makes 18 cookies. To keep them moist put them in a tin box lined with wax-paper.

Food value of each cookie : approximately, carbohydrates, 1.5 ; proteins, 12 ; fats, 8.

ORANGE CREAM

- 2 EGG YOLKS
- 1 CUPFUL ORANGE JUICE
- 2 TABLESPOONFULS GELATIN

- $\frac{1}{2}$ CUPFUL COLD WATER
- 2 WHITES OF EGGS
- 2 GRAINS SACCHARIN
- 1 CUPFUL WHIPPING CREAM

Soak the gelatin in the cold water for a few minutes. Beat the egg yolks until light. Add the orange juice and cook all together in a double boiler, stirring continuously until it thickens. Add this to the gelatin, stir until it has dissolved, and let the mixture cool. Then fold in the stiff-beaten whites of eggs and the whipped cream and pour into a wet mould. A dessert for the family.

APPLE SNOW

- 1 MEDIUM-SIZED APPLE (NOT A SWEET APPLE)
- 1 EGG WHITE
- 1 GRAIN SACCHARIN
- $\frac{1}{2}$ TEASPOONFUL LEMON JUICE

Core the apple. Slice and cook with the skin on in just a bit of water until it is soft. Put through a sieve and cool. When the apple is cool, beat the egg white stiff, add the saccharin crushed and lemon juice. Let the dessert be chilled until ready to serve. Serve with cream or with a custard sauce made of the egg yolk.

PRUNE PUDDING

- WHITES OF FOUR EGGS
- 1 GRAIN SACCHARIN
- $\frac{1}{2}$ TEASPOONFUL VANILLA
- 10 LARGE THRICE WELL-COOKED PRUNES

Stone the prunes and rub them through a sieve. Beat the whites of eggs stiff and add the prunes. Add vanilla and crushed saccharin. Mix well. Put into a buttered form. Set in a moderate oven in a pan of warm water and bake slowly for half an hour. For the entire family.

STRAWBERRY SOUFFLÉ

4 EGG YOLKS
4 EGG WHITES
2 GRAINS SACCHARIN
1 CUPFUL STRAWBERRIES
1 TEASPOONFUL LEMON JUICE

Wash the strawberries and crush them. Add the lemon juice. Beat the egg yolks well. Add the crushed fruit and cook in a double boiler until thick. When cool, add saccharin and the stiff-beaten egg whites. Put the mixture into a buttered baking-dish and bake 10 minutes in a hot oven. For the entire family. Crushed peaches can also be used for soufflé.

STRAWBERRY BAVARIAN CREAM

1 TABLESPOONFUL GELATIN
 $\frac{1}{4}$ CUPFUL COLD WATER
1 CUPFUL STRAWBERRY PULP
1 $\frac{1}{2}$ CUPFULS WHIPPING CREAM
1 TABLESPOONFUL LEMON JUICE
2 GRAINS SACCHARIN (CRUSHED)

Soak the gelatin in cold water 5 minutes and dissolve by standing the cup containing the mixture in hot water. Add strawberries and lemon juice. Set the mixture in a pan of cold water and stir until the mixture begins to thicken; then fold in whipped cream. Add saccharin. Turn into a wet mould lined with strawberries cut in halves and chill.

This is a recipe for a family of six.

PRUNE WHIP

$\frac{1}{2}$ POUND PRUNES, COOKED AND PUT THROUGH GRINDER
TO PULP

$\frac{1}{2}$ CUPFUL GROUND ALMONDS

$\frac{1}{2}$ TEASPOONFUL LEMON JUICE

5 EGG WHITES, BEATEN VERY STIFF

2 GRAINS SACCHARIN TABLETS CRUSHED

Mix all together. Put the mixture lightly into a buttered baking-dish. Bake 20 minutes in a slow oven.

CHOCOLATE PUDDING

3 EGGS

1 TABLESPOONFUL WATER

$\frac{1}{2}$ TABLESPOONFUL VANILLA

1 SQUARE BITTER CHOCOLATE

$\frac{1}{2}$ CUPFUL CREAM

3 GRAINS SACCHARIN

To beaten egg yolks add $\frac{1}{2}$ cupful of cream and add to the chocolate in a double boiler. Add $\frac{1}{2}$ teaspoonful of vanilla when the custard is thick. Allow

the mixture to become very cold and then add stiff-beaten whites of eggs. Place in a refrigerator until ready to serve.

D'ZERTA

D'Zerta may be improved by adding fruit juice to the powder where it calls for water. One powder should make two desserts used in this way.

Pie may be eaten by a diabetic only if tolerance is very high.

COTTAGE CHEESE PIE (CRUMB CRUST)

For crust :

put through sieve
 $\frac{1}{2}$ CUPFUL RYE BREAD CRUMBS
 $\frac{1}{2}$ CUPFUL GROUND ALMONDS
 $\frac{1}{3}$ CUPFUL MELTED BUTTER
 1 DASH OF CINNAMON

For filling :

1 CUPFUL DRY CREAM CHEESE
 2 EGGS, BEATEN TOGETHER
 1 $\frac{1}{2}$ GRAINS SACCHARIN
 A SMALL SQUARE BUTTER
 1 TEASPOONFUL VANILLA OR LEMON JUICE

Mix the filling and pour it into the crumb crust. Bake $\frac{1}{2}$ hour in a moderate oven.

RHUBARB PIE

Cut up rhubarb and cook without water. Then thicken by boiling $1\frac{1}{2}$ cupfuls of the cooked rhubarb with the yolks of 2 eggs. Stirring constantly, remove from the fire and add 2 grains crushed saccharin. Bake in crumb crust $\frac{1}{2}$ hour.

FILLING FOR STRAWBERRY PIE

- $1\frac{1}{2}$ CUPS OF MASHED STRAWBERRIES
- 2 EGG YOLKS WELL BEATEN
- 2 GRAINS SACCHARIN

Cook the strawberries with the egg yolks until the mixture thickens. Stirring constantly, remove it from the fire and add 2 grains of saccharin crushed. Pour into the crumb crust and bake 20 minutes to $\frac{1}{2}$ hour in a moderate oven.

Any fruit may be pulped and used as in the above recipes.

FILLING FOR PRUNE PIE

Cook $1\frac{1}{2}$ cupfuls of prunes (about 15 large prunes) through three different waters to lower the carbohydrate content, and pulp them as for prune whip. Add a teaspoonful of lemon juice and pour into the crumb crust. Bake $\frac{1}{2}$ hour. It may be served with little flecks of whipped cream, but is very palatable without.

Chapter Seven
★
Vegetables

VEGETABLES

THE value of vegetables on the diet lies in their liberal vitamin content, their richness in minerals, and their low cost. They are sources of energy, and provide roughage which the system requires. For vitamin content the green leaves of vegetables come first. Every diet should contain a large amount of spinach, cabbage, lettuce, string beans, carrots, and tomatoes, although vitamins are found in practically all vegetables and fruits. Green vegetables furnish a most important source of readily assimilated iron, calcium, and phosphorus. These elements are important, as they counteract the acid tendencies of meat proteins, when digested. Vegetables have a prominent place on the diabetic diet, not, as formerly, because of their low carbohydrate content, but because of the cellulose, mineral, and vitamin content they provide. Spinach is considered the most valuable of green vegetables. It is especially rich in vitamin A, containing as much of this factor as even butter or egg yolk. It also contains vitamins B and C in large amounts, besides iron and other mineral elements.

LETTUCE. The green leaves of lettuce probably rank next to spinach in value.

CABBAGE also comes only a little below spinach in its vitamin content.

GREENS of the beet and turnip contain nearly as much vitamin and mineral ash as cabbage and lettuce.

CAULIFLOWER is usually classed with the leafy vegetables and has similar properties.

COOKING. The cooking of green vegetables destroys only a small part of vitamins A and B. Most vegetables lose practically all of their vitamin C when cooked a long time. This does not apply to tomatoes.

LEGUMES. Beans and peas are called legumes or seed vegetables. They are rich in protein, but also very rich in carbohydrates and contain a small amount of fat. Legumes contain a good supply of iron and phosphorus, but are deficient in calcium, sodium, and chlorine.¹

The white potato contains approximately 75 per cent of water and 20 per cent carbohydrates. It can be used only in small quantities by the diabetic, and he must be careful to compute it correctly on his diet chart.

The carrot is of value chiefly for its vitamin content. It contains vitamins A and C.

Beets and turnips are of value to the diabetic for the rich vitamin content of their leaves. They are both 20-per-cent vegetables, but the greens are 10 per cent.

STEMS AND BULBS

Celery is eaten in stalk or in salad or cooked or used in cooking soup stock. Celery forms mostly bulk in the diet ; its nutritive value is not great.

Asparagus is eaten cooked, in salads and soups, or

¹ Government statistics.

in combination with other vegetables. Some physicians do not advocate its use because of its effect on the kidneys, although it is very easily digested.

Onions are very rich in vitamin C and contain a fair amount of vitamin B. To obtain the benefit of vitamin C they must be eaten raw. Onions cooked or raw are used as seasoning for other foods.

Because of their richness in vitamins the use of tomatoes is constantly increasing. Whether cooked or canned, they are equal to the green vegetables as a source of vitamin C, which they do not lose when cooked. The fact that tomatoes retain their vitamin C when canned makes them especially useful. It has been shown that canned tomato juice can be given to very young infants without harm.

LETTUCE

Lettuce may be used in the whole leaf or shredded, with French dressing or diabetic mayonnaise ; or it may be wilted, with bacon. Shred the lettuce. Cut up the bacon into small pieces and brown in a skillet. When it is brown, take it out and to the grease add either 2 tablespoonfuls of vinegar or 1 teaspoonful of lemon juice and 1 tablespoonful of water. Heat, and pour over the shredded lettuce. On top sprinkle the brown bits of bacon.

CUCUMBERS

Cucumbers are best eaten raw. Peel them, slice them thin, sprinkle them very lightly with salt, and

set them in the ice chest. When the time comes to use them, drain off the water and serve, either alone or with other vegetables, with a teaspoonful of onion juice and a French dressing. Cucumber salad may be served with a sour cream dressing.

SPINACH

Spinach has been called the stomach sweep. It is very nutritious, contains iron, and is always prescribed by an attending physician. Spinach must be washed carefully and stemmed and put to boil in salted water. It may be eaten in the leaf or it may be chopped fine, seasoned, and served with cream and sliced hard-boiled eggs.

ASPARAGUS

Asparagus is a general favourite. In season it is usually boiled in salted water, drained, and served with melted butter or with hollandaise sauce. It also can be cooked and chilled and used with a vinaigrette sauce or in combination with other vegetables in a salad. Asparagus is delicious canned; in fact, a great many prefer it canned to the fresh vegetable.

ENDIVE

There are two kinds of endive: the curly market variety and the French endive in stalks. The curly

market endive makes a good salad cut up and wilted or used plain in sprays with a French dressing. French endive has a milder taste and is especially good in salad, used in combination with celery, both diced the same length. It is very palatable with either French dressing or mayonnaise.

SAUERKRAUT

Sauerkraut is highly recommended, as it may be eaten raw or cooked. It is wonderful roughage, highly valued by physicians. Sauerkraut may be cooked by itself or with fat meat. It requires no recipe, as it is very simply prepared, by boiling and seasoning. The juice of sauerkraut—2 ounces at a time—taken twice a day with or without tomato juice is most beneficial for constipation.

BEET GREENS

Beet greens may be cooked alone in salted water or may be boiled with a slice of bacon or may be used in combination with other greens.

SWISS CHARD

Swiss chard is washed and prepared like spinach.

MUSHROOMS

Mushrooms must be washed well and then peeled and drained and wiped dry. If preparing a pound for the family use :

3 TABLESPOONFULS BUTTER

1 TEASPOONFUL CREAM

1 TEASPOONFUL CHOPPED PARSLEY

(If preparing one portion, cut down accordingly.)

Melt the butter in a skillet. Add the mushrooms, either cut up or whole, and simmer slowly about 15 minutes. To the sauce in the pan add the cream, a pinch of salt, and the chopped parsley. Serve the mushrooms with this sauce over them. Mushrooms make a delicious cream soup.

CELERY

Celery is eaten in stalks, cut up in salads, cut up in dice, stewed, and served with melted butter or with cream and butter. Celery stalks stuffed with cream or pimento cheese are delicious.

TOMATOES

Tomatoes may be eaten cooked or uncooked canned or fresh. Sliced with salt, they may make

part of each meal. A tomato sandwich is very palatable: a slice of tomato, a filling of either cream cheese or cottage cheese, then another slice of tomato on top. A tomato may be hollowed out and stuffed with cottage cheese. Tomatoes stewed are made by peeling and cutting up the tomato, adding a pinch of salt and a teaspoonful of butter, and simmering slowly and carefully. Do not add water.

GRILLED TOMATO

Leave the tomato whole. Season it with salt and butter. Bake about 15 minutes, and if it is not then brown on top, put it under the flame for a few minutes.

FRIED TOMATO

Cut a tomato in thick slices, dip it in egg yolk, and fry in butter. Season with salt and turn it with a pancake-turner so as not to break it. An unripe tomato is best to fry.

SCALLOPED TOMATO, USING CANNED TOMATOES

Put butter in a baking-dish and rub the sides with a slice of onion to flavour. Put the tomato at the bottom of the baking-dish. Sprinkle it with a little salt, chopped parsley, and grated cheese. Bake 10 minutes and serve very hot.

CANNED TOMATOES SERVED COLD

Chill a can of tomatoes and eat your allotted portion cold with a pinch of salt. Tomato juice is very palatable and a valuable addition to a meal.

BRUSSELS SPROUTS

Clean the sprouts, pick them over carefully, and peel. Cook in boiling salted water until tender, drain, and add melted butter and salt, or serve with hollandaise sauce.

WATERCRESS

Watercress is used in salads, but it is also very palatable if eaten on the stem, dipped in salt water.

OKRA

Wash and cut up the okra and boil in salted water. When tender, drain, and add butter.

OKRA AND TOMATOES

To a tomato add 6 or 8 small okras. Cut them up and stew them together, drain, and season with salt and butter.

CAULIFLOWER

Cut cauliflower close to the stalk, soak in salt water, and then cut away any rusty part on the white flower. The tender green leaves that are close to the cauliflower can be used as a separate vegetable, or diced and used in vegetable soup. Cauliflower may be boiled in salted water, drained, and served with butter, or cream and butter, or with hollandaise sauce, or with cheese sprinkled over and then melted butter poured over that ; or in a salad.

EGG-PLANT

Peel and cut the egg-plant in $\frac{1}{2}$ -inch slices and lay in salted water for an hour. To fry egg-plant, wipe it dry, dip it in yolk of egg, and fry in butter until brown ; turn carefully, drain, and serve.

BAKED EGG-PLANT

Boil the egg-plant until it is tender and then mash and season with butter, salt, and an egg yolk. Put into a buttered baking-dish, dot with butter, and brown in a moderate oven.

BROILED EGG-PLANT

After you dry the egg-plant slices, salt them slightly, dot with butter, and place in a tin broiler

under a medium flame. Turn so that both sides may be cooked. Watch carefully to avoid burning.

STUFFED EGG-PLANT

Parboil egg-plant in the skin, then split and remove the inside pulp. Prepare the sauce as for baked egg-plant, refill the shell, and bake as for baked egg-plant.

CABBAGE

Cabbage is wonderful food for a diabetic, as one never grows tired of it, and it may be prepared in a variety of ways. Clean it and cut it into medium-sized pieces. Cook in salted water until tender, about 20 minutes or longer if not young. Drain and serve with butter and salt. Or it may be boiled with bacon. Or drain boiled cabbage, place it in a baking-dish with butter, and brown in an oven.

CABBAGE SLAW

Cut cabbage fine and lay a piece of ice on it to crisp it. Pour a French dressing over it when it has been drained.

CABBAGE AND CELERY AND TOMATO

Dice 2 cupfuls of cabbage and 1 cupful of celery. Have 1 tablespoonful of butter hot in your skillet,

with 2 tablespoonfuls of water and 2 tablespoonfuls of tomato juice. Allow to simmer slowly 15 or 20 minutes and serve very hot.

RADISHES

Small red radishes may be washed and chilled and eaten. White long radishes may be sliced and laid in salted water, placed in the refrigerator until meal time, then drained and served. Radishes may be cooked, but I never have cooked them.

LEEKS

Leeks make a very good addition to vegetable soup. They are also used as a seasoning for stews, and cut up in salads. They may be used instead of onions, as onions are a 10 per cent vegetable, and leeks are 5 per cent.

YOUNG STRING BEANS

Wash and stem and string young beans. Cook them in salted water about 1 hour, drain, and season with salt and butter. Canned beans are better to use than fresh. The Refugee brand or the Cresca brand is to be recommended. Beans cooked in bacon are palatable.

BROCCOLI

Broccoli must be carefully washed and cooked in salted water. When tender, drain, and serve hot either with drawn butter or with hollandaise sauce.

ARTICHOKE

Wash artichokes and lay them with heads down in cold water for $\frac{1}{2}$ an hour. Cook for 30 minutes in boiling salted water to which a little vinegar has been added. Turn upside down to drain a minute, and serve hot with melted butter or hollandaise sauce. For a salad eaten cold, serve on a bed of lettuce with French dressing or mayonnaise.

JERUSALEM ARTICHOKE

Jerusalem artichokes for a diabetic may be used in many ways ; as a hot vegetable, a salad, or a base for either puree or cream soup, or as chips, like potato chips.

PEAS

Peas have a varied carbohydrate range. Less than the same serving of a 3 or 5 per cent vegetable must be measured. The same is true with turnips, parsnips, or green corn. These 20 per cent vegetables are not forbidden, but care must be exercised not to use

too much of the higher carbohydrate foods. They may be used only in *careful measurement* with the other foods on your menu for any single meal.

CHOPPED CABBAGE RELISH

- 1 SMALL CABBAGE
- 3 ONIONS
- 2 GREEN PEPPERS
- 1 RED PEPPER
- 1 TABLESPOONFUL MUSTARD SEED
- 1 TABLESPOONFUL CELERY SEED

Put through a universal grinder 1 medium cabbage, 3 white onions peeled, 2 green peppers seeded and 1 red pepper seeded. Sprinkle over this $\frac{1}{2}$ cupful of salt and allow it to draw the juices for a few hours. Then drain off the salted water and add a tablespoonful of celery seed, a tablespoonful of mustard seed, and 1 pint of vinegar. This is ready to use at once, but may be put in a glass jar and set aside to use from time to time. A tablespoonful makes a valuable addition to meats, but must be computed in the diet. One tablespoonful is about 30 grams.

LIST OF VEGETABLES

AND SERVING PER ORDINARY PORTION

- LETTUCE— $\frac{1}{4}$ of medium head
- CUCUMBERS—about 10 thin slices
- SPINACH— $\frac{1}{2}$ cupful

ASPARAGUS—12 small stalks

ENDIVE— $\frac{1}{4}$ small head

SAUERKRAUT— $\frac{1}{2}$ cupful

BEEF GREENS— $\frac{1}{2}$ cupful

SWISS CHARD— $\frac{1}{2}$ cupful

MUSHROOMS—12

CELERY—6 stalks 4 inches long

JERUSALEM ARTICHOKE—medium serving

BRUSSELS SPROUTS—4 medium sprouts

WATERCRESS

OKRA—4 pods

CAULIFLOWER— $\frac{3}{4}$ cupful

EGG-PLANT—2 thin slices

CABBAGE—1 $\frac{1}{4}$ cupful slaw ; 4 tablespoonfuls cooked

RADISHES—10 medium-sized

LEEK

STRING BEANS—3 tablespoonfuls

BROCCOLI—medium serving

ARTICHOKE—1 small

PEAS—two-thirds as much as tomatoes or cauliflower per portion

TURNIPS—two-thirds as much as tomatoes or cauliflower per portion

TOMATOES—cooked, 3 tablespoonfuls ; raw, 1 medium sized.

Chapter Eight



Salad Dressings

SALAD DRESSINGS

HOLLANDAISE SAUCE

1 TEASPOONFUL VINEGAR
1 TEASPOONFUL WATER
1 EGG YOLK
1 TABLESPOONFUL BUTTER
PINCH OF SALT
PAPRIKA
 $\frac{1}{3}$ TEASPOONFUL ONION JUICE

Heat the vinegar, water, and onion juice. Beat the egg yolk well, add salt and paprika, and pour the hot liquid mixture gradually on the yolk, beating continually. Put all into a double boiler and stir constantly. Lift the pan from the fire frequently to prevent the egg from cooking too quickly. Have the butter creamed. When the sauce has thickened, add the creamed butter a little at a time. Never let the sauce boil. Serve hot or cold.

BOILED MAYONNAISE

1 $\frac{1}{2}$ TABLESPOONFULS OIL
 $\frac{1}{4}$ CUPFUL VINEGAR
 $\frac{1}{2}$ TEASPOONFUL MUSTARD
1 EGG
 $\frac{1}{2}$ CUPFUL CREAM
PINCH OF SALT AND PAPRIKA

Mix all the dry ingredients, add the oil, and mix. Then add cream and cook in a double boiler, stirring constantly until the mixture thickens slightly. Beat the egg yolk and add vinegar. Pour this into the first mixture and cook until thick, stirring constantly. Then stir in the egg white beaten stiff, and chill.

FRENCH DRESSING

- I TEASPOONFUL SALT
- $\frac{1}{2}$ TEASPOONFUL PAPRIKA
- $\frac{1}{2}$ CUPFUL OLIVE OIL
- A LITTLE ONION JUICE
- $\frac{1}{2}$ CUPFUL VINEGAR OR LEMON JUICE

Put all together in a small jar with a cover and mix and shake well before using. It may be kept in the refrigerator and used as wanted.

SOUR CREAM DRESSING

3 parts of sour cream to 1 part of vinegar. Add a little chopped or grated onion, salt, and paprika. Mix, and use as a dressing for cucumbers, lettuce, shredded cabbage, or any simple vegetable salad.

CHEESE WHIPPED WITH CREAM

Mash well one cake of cream cheese with a pinch of salt. Whip six tablespoonfuls (three ounces) of cream and beat into the cheese until the

whole is as light and fluffy as cream. This is delicious eaten with a bran muffin for dessert. Use about two square inches to the meal.

SARDELLEN BUTTER

- $\frac{1}{2}$ CUPFUL SWEET BUTTER
- $\frac{1}{2}$ TABLESPOONFUL SARDELLEN PASTE
- $\frac{1}{2}$ TEASPOONFUL GRATED ONION
- $\frac{1}{2}$ TABLESPOONFUL WORCESTERSHIRE SAUCE
- 1 TEASPOONFUL LEMON JUICE

Cream the butter thoroughly first. Then mix all the ingredients together. Chill the mixture before serving. This paste can be kept in the ice chest for a long time, using it as one feels inclined. It is delicious eaten with a bran muffin.

GROUP I

One serving of 100 grams will furnish 1 gram protein, 3 grams carbohydrates.

ASPARAGUS	10 3-inch stalks—5 stalks about 50 grams
STRING BEANS	$\frac{1}{2}$ cupful packed or 2 tablespoonfuls for 50 grams
CABBAGE	$\frac{2}{3}$ cupful raw or $\frac{1}{2}$ cupful cooked—50 grams
CAULIFLOWER	$\frac{2}{3}$ cupful or 3 tablespoonfuls
CELERY (RAW)	2 single pieces—30 grams

CELERY (COOKED)	$\frac{3}{4}$ cupful or 3 tablespoonfuls—100 grams
CUCUMBER	$\frac{1}{2}$ small
GREENS	$\frac{1}{2}$ cupful or 2 tablespoonfuls
LETTUCE	$\frac{1}{4}$ average head
RADISHES	7 small—50 grams
SAUERKRAUT	$\frac{1}{2}$ cupful or 2 tablespoonfuls—100 grams
SPINACH	$\frac{1}{2}$ cupful or 2 tablespoonfuls
TOMATO	1 small (raw), $\frac{1}{2}$ cupful (cooked)
SUMMER SQUASH	$\frac{1}{2}$ cupful or 2 tablespoonfuls
LEMON	juice 1 lemon—30 grams.

GROUP II

100 grams contain 1 gram protein, 6 grams carbohydrates

EGG-PLANT	2 small slices
KOHLRABI	$\frac{1}{2}$ cupful
MUSHROOMS	1 cupful
OKRA	$\frac{1}{3}$ cupful
ONION (BOILED)	1 $\frac{1}{2}$ onion—120 grams
ONION (RAW)	$\frac{1}{2}$ onion—50 grams
PUMPKIN	$\frac{1}{2}$ cupful
APPLE	$\frac{1}{3}$ small apple—40 grams
GRAPEFRUIT	$\frac{1}{2}$ small
ORANGE	1 small—50 grams
STRAWBERRIES	1 cupful
WATERMELON	$\frac{1}{4}$ small slice
APPLE SAUCE	$\frac{1}{4}$ cupful—60 grams
PEACHES	$\frac{1}{4}$ cupful—60 grams.

GROUP III

One serving will furnish 1 gram protein, 10 grams carbohydrates.

BEETS	$\frac{1}{2}$ cupful—100 grams
CARROTS	$\frac{1}{2}$ cupful—100 grams
PEAS	$\frac{1}{2}$ cupful—100 grams
RUTABAGAS	$\frac{2}{3}$ cupful—120 grams
SQUASH	$\frac{1}{2}$ cupful—100 grams
TURNIPS	$\frac{2}{3}$ cupful—120 grams
APPLE	$\frac{1}{2}$ average size—70 grams
APRICOT	1 large—75 grams
BLACKBERRIES	$\frac{2}{3}$ cupful—90 grams
CRANBERRIES	$\frac{1}{4}$ cupful—100 grams
CURRANTS	$\frac{1}{3}$ cupful—80 grams
GRAPES	$\frac{2}{3}$ bunch—70 grams
MUSKMELON	$\frac{1}{2}$ small—100 grams
ORANGE	1 average size—90 grams
PEACH	1 average size—100 grams
PEAR	$\frac{2}{3}$ average size—70 grams
PINEAPPLE	2 slices—100 grams
PLUMS	2 medium—50 grams
RASPBERRIES	1 $\frac{1}{2}$ cupfuls—140 grams
WATERMELON	$\frac{1}{2}$ slice small—150 grams
GRAPEFRUIT	$\frac{1}{2}$ medium—150 grams
APPLE SAUCE	$\frac{1}{2}$ cupful—100 grams.

Chapter Nine



Soups

SOUPS

THERE is no reason why a diabetic's entire family should not have the same soup ; mine do. In fact, food for the diabetic instead of arousing pity could well be shared and enjoyed by all. Nor would it punish the average family if its members ate less starch and fewer sweets.

LIST OF SOUPS RECOMMENDED

CREAM OF MUSHROOM
CREAM OF ASPARAGUS
CREAM OF TOMATO
CREAM OF LEEK
CREAM OF CELERY
CREAM OF PEA
CREAM OF POTATO
CREAM OF SPINACH
CREAM OF OYSTER STEW
VEGETABLE SOUP (with or without MEATS)
FISH CHOWDERS
TOMATO PURÉE
JERUSALEM ARTICHOKE PURÉE

Clear broths are counted of no food value, though they contain mineral salts and are given freely with benefit to the diabetic. All recipes that call for cream may be made with one-half milk and one-half cream, or all milk.

MEATLESS VEGETABLE SOUP

- $\frac{1}{2}$ CAN OF TOMATOES
- 1 PINT WATER
- 1 CUPFUL DICED GREEN BEANS
- 1 CUPFUL DICED OKRA (IN SEASON)
- 1 CUPFUL DICED CAULIFLOWER OR CABBAGE
- 2 CUPFULS DICED CELERY
- 1 BAY LEAF
- 1 PINCH OF SALT
- 1 LEEK CUT UP FINE OR CHOPPED
- 1 CUPFUL FRESH ASPARAGUS (IN SEASON)

Boil 1 hour, set away in a Mason jar, and use as needed. This lasts several days for a family of two. If you care to, add a few tablespoonfuls of cream to each cup when serving ; this increases the food value.

VEGETABLE SOUP WITH OXTAIL

If a meat soup is preferred, to the foregoing quantity of vegetables and water add an oxtail disjointed and boil 3 hours. If a larger quantity is required for a larger family, use 2 cans of tomatoes. This has more food value, and the oxtail can also be eaten and is quite palatable.

CREAM OF ASPARAGUS SOUP

When asparagus is in season, use the edible portion of a bunch of 7 or 8 spears. Wash and cut them up and boil until tender in just enough water so that there is only a little left, about $\frac{1}{2}$ cupful. To this add $\frac{1}{4}$ cupful of cream, a small bit of butter, and a pinch of salt. When canned asparagus is used, shred $\frac{1}{2}$ cupful and to $\frac{1}{2}$ cupful of the liquor in the can add 4 tablespoonfuls of cream, a bit of butter, and a pinch of salt. This does not require additional thickening as the shredded asparagus thickens it enough.

Food value : carbohydrates, 4 ; proteins, 3 ; fats, 10.

CREAM OF OYSTER SOUP

6 OYSTERS

$\frac{1}{4}$ CUPFUL WATER

1 PINCH OF SALT

$\frac{1}{4}$ CUPFUL CREAM (OR $\frac{1}{2}$ CUPFUL MILK)

$\frac{1}{2}$ TEASPOONFUL BUTTER

Cook the oysters carefully in the water with the salt. Have the cream in a pan arranged like a double boiler, so that the cream does not touch the flame. Add the butter. Have both mixtures hot, but do not combine them until ready to serve. This may be improved by adding a little chopped parsley.

Food value : carbohydrates, 6 ; proteins, 8 ; fats, 25. By using milk the value is : carbohydrates, 8.5 ; proteins, 9.5 ; fats, 27.

Chapter Ten



Eggs

EGGS

NEXT to meat and fish, eggs are the most frequent source of protein for the diabetic diet. They are of high food value. Eggs contain calcium, phosphorus, and iron, and a large amount of sulphur. The white of egg is pure albumen. Milk and eggs have a distinct advantage over meat in their higher vitamin and mineral content, but it is not advisable to replace meat with them unless so ordered by your physician, when a soft diet is necessary. A diabetic would do well to have one meatless day each week, substituting eggs, vegetables, fish, or cheese, in the proportions allowed on the diet. As many as two eggs may be eaten by a diabetic per day, and there are many ways of preparing them. I shall not enumerate the ordinary ways of cooking eggs; here are a few recipes that may make an egg a bit more tempting to the jaded appetite.

HARD-BOILED EGG

A hard-boiled egg may be floured with a fork, and one teaspoonful of butter added, with a pinch of salt. This makes a hard-boiled egg creamy, easily digested, and palatable.

POACHED EGG

A poached egg may be improved by serving a strip of anchovy paste across the top, or around the outside edge.

Food value : proteins, 6 ; fats, 6.

ONE EGG OMELET

Separate the white and yolk and beat each separately. To the well-beaten yolk add two tablespoonfuls of cream and beat again. Then fold in the stiff-beaten white and add a pinch of salt. Have butter melted in a small skillet, and brown on the bottom. To brown lightly on top, place in the oven about 2 minutes.

Food value : carbohydrates, 1.8 ; proteins, 7.8 ; fats, 20.

CHEESE SOUFFLÉ

- $\frac{1}{2}$ TEASPOONFUL MELTED BUTTER
- 4 TABLESPOONFULS MILK
- 1 EGG YOLK
- 2 TABLESPOONFULS GRATED CHEESE
- 1 EGG WHITE
- 1 PINCH OF SALT

Melt the butter carefully on a slow fire. Slowly add the milk, stirring constantly, and cook 3 minutes ; then add the cheese. Pour the mixture slowly into your well-beaten egg yolk, add salt, and let cool.

When cool, add the stiff-beaten egg white. Bake 15 minutes in a well-buttered ramekin set in a pan of hot water in a moderate oven.

Food value : carbohydrates, 5 ; proteins, 2 ; fats, 12.

SPANISH SCRAMBLED EGG

Beat the white of 1 egg very stiff, with a pinch of salt. Beat the yolk of the egg and fold the stiff-beaten white into it. Have butter melted in a small skillet and have the skillet hot. Pour the mixture into the skillet and let it cook 1 minute ; then add 2 tablespoonfuls of cooked tomato pulp and scramble with a fork quickly for about 3 minutes. Serve at once.

Food value : carbohydrates, 2 ; proteins, 7 ; fats, 6.

EGG SCRAMBLED WITH SAUSAGE OR HAM OR SMOKED TONGUE DICED

Dice and fry 1 wiener or $\frac{1}{2}$ Frankfurt sausage in 1 teaspoonful of butter. Over this pour 1 lightly beaten egg, stirring it constantly with a fork. Very good for luncheon.

Food value : carbohydrates, 6 ; proteins, 15 ; fats, 15.

FRIED EGG ON FRIED TOMATO SLICE

Slice a tomato in halves. Dip half in an egg batter and fry lightly on both sides in butter. Fry an egg

and serve it on top of the tomatoes. This is a tasteful luncheon dish.

Food value : carbohydrates, 3 ; proteins, 6 ; fats, 6.

BAKED POTATO AND EGG

Bake 1 small potato ; then cut off the small top and measure the pulp, or bake 1 large potato and use half. Measure pulp to 6 tablespoonfuls and mash. Season with salt and pepper. Add 2 tablespoonfuls of milk and 1 small square of butter. Mix all well and put back into the shell. Hollow out the centre and put a whole egg into the space. Put it back into the oven and bake until the egg is cooked. A valuable luncheon dish.

Food value : carbohydrates, 27 ; proteins, 9 ; fats, 5.

EGG PANCAKE

Beat the yolk and the white of an egg separately. To the stiff-beaten white add a pinch of salt. To the beaten yolk add 2 tablespoonfuls of cream and fold it into the beaten white. Have a medium-sized skillet hot and melt a teaspoonful of butter. Pour the mixture into this and fry lightly on the bottom side. When done, put into the oven to brown the top. Have a little butter melted, pour it over the pancake, sprinkle a little cinnamon on top, and roll. A welcome change.

Food value : carbohydrates, 1·8 ; proteins, 7·8 ; fats, 20.

Chapter Eleven



Fruits

FRUITS

THE higher carbohydrates diet has made possible the more liberal use of fruit by diabetics. Fruit supplies an easily digested and assimilated form of carbohydrates, and in addition minerals, vitamins, and bulk or cellulose. The use of larger quantities of fruit seems to have a decidedly beneficial effect upon the general health of the diabetic. Fruits are valuable because of their laxative properties and their vitamins, as well as for their attractive flavour and the refreshment derived from them.

CITRUS FRUITS, 10% FRUITS, GRAPEFRUIT. The citrus fruits are the most important. They are, oranges, lemons, limes, and grapefruit. One has a more liberal allowance of grapefruit than most other fruits. It is an all-year-round fruit, and contains only 7 points carbohydrates to 100 grams. Half of a small grapefruit is usually a serving; this contains about 7 points carbohydrates. The above are 10 per cent fruits and are rich in vitamin C. Their effect when digested is alkaline. Their acidity does not increase the acidity of the body, but counteracts the acids caused by proteins.

15% FRUITS. Peaches, pears, plums, prunes, cherries, and apricots are 15 per cent fruits. They add bulk to the diet and have some laxative properties. They can also be used as desserts, stewed or combined with other fruits, or for a fruit cup or fruit cocktail.

SMALL FRUITS. Strawberries, cranberries, raspberries, blackberries, and gooseberries are called small fruits. They possess the same advantages as other fruits. Raspberries especially are rich in vitamin C. Strawberries can be used by themselves raw or cooked, or in combination with other fruits, and may be canned for winter use. They are 10 per cent fruits.

BANANA. In the last few years the banana has been much exploited as of high food value. It is a 20 per cent fruit. Half of a small one may be eaten at a meal. It is very easily digested when cooked.

MELONS. Watermelon, cantaloupe, Casaba and honeydew melons are among the 10 per cent fruits. They make a valuable and delicious addition to one's desserts. Melon balls with one or several kinds in combination make a very good cocktail, with a little orange or lemon juice.

GRAPES are 15 per cent fruit. They are delicious peeled, seeded, and cut up in salads, using two-thirds as much as one would of a 10 per cent fruit.

APPLES. The apple is a 20 per cent fruit. It has small amounts of vitamins A, B, and C, and also has definite laxative properties, because of its large cellulose content. It contains much sugar; a small apple is said to contain as much as a tablespoonful of sugar, a medium-sized apple 2 tablespoonfuls, and a large apple 3 tablespoonfuls. A moderate portion of apple may be used by a diabetic, according to the allotted portion of carbohydrates in the meal it is to be eaten at. Apples can be stewed or baked without sugar.

ORANGES. A small orange may be used as a dessert, or the juice, which is very refreshing, may be used

alone. It makes a delicious iced drink with a few drops of lemon juice added. Orange makes a base of a very delicious ice.

STRAWBERRIES—very delicious in season—may be served as a dessert with cream. They may be cooked in their own juice and make a delicious sauce with a little saccharin. They may be canned at home for the special use of a diabetic, but be sure to cook them in a double boiler and not let the fruit touch the flame. In this way the original flavour is retained. They need very little cooking and should be sealed immediately. It is not necessary to add saccharin. If you can't get along without it, however, it may be used.

RHUBARB is a useful fruit and can be made into very delicious sauce. Wash it, peel it, and cut it into small bits and cook in a double boiler without water, as rhubarb is a watery fruit. When it is tender, remove it from the fire and add saccharin. Rhubarb combined with strawberries is most delicious. When rhubarb is nearly tender, as in the above recipe, add one-third the quantity of washed and stemmed strawberries. This is good only when saccharin is added and makes a very tasteful dessert. Rhubarb may be canned at home for the diabetic. Wash and peel stalks and cut them into small bits. Put them to boil in a double boiler. This requires no water, but does require saccharin. Boil until tender; then add saccharin and put up in pint glass jars. Seal immediately. Any of the small berries may be cooked and put up by this method.

CRANBERRIES. Select and wash a cupful of cranberries and put to boil in $\frac{1}{2}$ cupful of water. They

are a very pulpy fruit and must be cooked carefully to prevent sticking or scorching. When tender, strain through a sieve to remove the skins. Add $\frac{1}{2}$ grain of saccharin. Chill and serve.

PEACH. A peach is the most delicious of all fruits and a diabetic is most fortunate that he is allowed one occasionally. It may be eaten peeled and sliced with cream or cut up and cooked and seasoned with cinnamon and saccharin. A sweet pickled peach may be prepared by boiling the peach whole with stick cinnamon until tender and adding $\frac{1}{2}$ teaspoonful vinegar and a small slice of lemon. When the peach is tender, remove from the liquid. Allow the liquid to boil down, add saccharin, pour the liquid over the peach, and use.

HOME-CANNED PEACHES retain the original fruit flavour. Peel them, slice them small, and put them to boil on a very slow fire, to draw the juice. No water is necessary. Do not stir with a spoon, but remove from the fire and shake the contents. This will not mash the fruit. Gradually turn up the flame and cook until tender, about 5 minutes. Use only about 4 peaches at a time. Seal in pint glass jars for winter use.

HOME-CANNED PINEAPPLE. It is best to put up pineapples one at a time. Peel and slice them and cut them into small pieces. Then put the pieces through a universal grinder. Be careful to have a dish below the grinder to catch the juice. A pineapple is cooked in its own juice, and no water is added. Let it come to a boil and remove from the fire. Put into pint glass jars and seal immediately.

PRUNES have a large percentage of carbohydrates,

but if they are boiled through three different waters a great deal of the carbohydrate is boiled out and thrown away with the water when changed. Cook prunes in the first water until nearly tender, about 10 minutes. Remove from the liquid and boil another 10 minutes in different water. Pour off that water and cook again about 5 minutes in the third water. Chill and serve.

AVOCADO PEARS. The avocado pear is rich in fat. It is usually used in a salad in combination with citrus fruits.

Chapter Twelve

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Sample Calorie Charts

SAMPLE CALORIE CHARTS

FROM WHICH TO SELECT DIET PER DAY AND PER MEAL

1000 CALORIE DIET

Carbohydrates, 100. Proteins, 40. Fats, 50 ; of which
 $\frac{1}{3}$ is used per meal.

Type of foods	Allotment per meal			Total per day	Carb.	Pro.	Fat
	B.	L.	D.				
3% vegetable	0	150	150	300	9	3	0
6% vegetable	0	90	0	90	5	9	0
20% vegetable	0	0	100	100	20	2	0
10% fruit	150	150	100	400	40	4	0
Bread 20% pro.	15	15	0	30	16	2.5	.5
Meat 10% fat	0	0	50	50	0	12.5	7.5
Milk	100	0	0	100	5	3	4
Bacon	10	0	0	10	0	2	4
20% cream	30	30	0	60	3	2	12
Butter	10	10	10	30	0	0	24
					—	—	—
				Total	98	40	52
					—	—	—

98 points carbohydrates make 390 calories

40 points proteins make 160 calories

52 points fats make 468 calories

Total 1018

SAMPLE BREAKFAST

		grams
GRAPEFRUIT	$\frac{1}{2}$ medium-sized	150
BACON	3 strips	10
BREAD	1 small slice	8
CREAM	1 oz. = 2 tablespoonfuls	30
MILK	$\frac{1}{3}$ cupful	100
BUTTER	1 small square	8

SAMPLE LUNCH

CLEAR BROTH	No food value	
		grams
3% VEGETABLE	Spinach (125 gms.) and stewed tomatoes (125 gms.), medium serving of each	250
6% VEGETABLE	Carrots $\frac{1}{2}$ cupful	
BUTTER	1 small square to season vege- tables	8
CREAM	2 tablespoonfuls = 1 oz.	30
DESSERT	Fruit cup—diced apple $\frac{1}{4}$ Orange $\frac{1}{4}$ Grapefruit $\frac{1}{2}$	150
TEA OR COFFEE	No food value	
		grams
BREAD	2 small slices (or 2 small muffins)	30

SAMPLE DINNER

CLEAR BROTH	skimmed of fat and clear	No food value
		grams
VEGETABLE	medium serving peas or $\frac{1}{2}$ baked potato small	100
VEGETABLE SALAD	Lettuce leaf 2 asparagus tips $\frac{1}{2}$ sliced tomato 2 radishes 6 slices cucumber or $\frac{1}{2}$ cupful shredded cabbage	150
MEAT	medium serving	50
FRUIT	Strawberries in season or grapefruit	100
BUTTER	small square to be used in vegetables	8
DESSERT	Coffee agar jelly	No food value

1500 CALORIE DIET

Carbohydrates, 154. Proteins, 50. Fats, 77.

Type of foods	Allotment per meal			Total per day	Carb.	Pro.	Fat
	B.	L.	D.				
3% vegetable	0	250	250	500	15	5	0
6% vegetable	0	100	0	100	6	1	0
20% vegetable	0	0	100	100	20	2	0
10% fruit	250	100	200	550	55	6	0
Dry cereal	10	0	0	10	8	1	0
Bread	30	30	0	60	32	5	1
Meat	0	0	60	60	0	15	9
Milk	100	200	0	300	15	9	12
Bacon	10	0	0	10	0	2	4
20% cream	30	30	30	90	4	3	18
Butter	15	10	5	30	0	0	34
Total					<u>155</u>	<u>49</u>	<u>78</u>

Breakfast, 96 ; lunch, 95 ; dinner, 96.

To compute your own ratio in your own diet, take your own list of allotted carbohydrates, proteins, and fats on diet per day and compare with the following, cutting out or adding to suit your case.

SAMPLE BREAKFAST

Breakfast allowance, 96 points by grams of food

		grams
GRAPEFRUIT	$\frac{1}{2}$ medium-sized, or 1 sliced orange	250
OATMEAL	medium serving	10
MILK	$\frac{1}{3}$ glass or cupful	100
BACON	3 strips	10
BREAD	2 thin slices	30
BUTTER	1 small square	15

SAMPLE LUNCH

Lunch allowance, 95 grams of food

COMBINATION VEGETABLE SALAD OR VEGETABLE SOUP

		grams
LETTUCE LEAVES	2 or 3 leaves. Green leaves have most vitamins	10
TOMATO	$\frac{1}{2}$ small	100
STRING BEANS	$1\frac{1}{2}$ tablespoonfuls	100
CUCUMBER	6 slices	40
OKRA	4 pods	50
FRENCH DRESSING	1 scant tablespoonful	10
BREAD	2 thin slices	30

		grams
BUTTER	1 small square	10
MILK	$\frac{2}{3}$ cupful	200
CREAM	2 tablespoonfuls	30
DESSERT		125

or

VEGETABLE SOUP

Using milk as a base, cook together in water the following vegetables :

		grams
TOMATOES	$\frac{1}{2}$ small	100
STRING BEANS	$\frac{3}{4}$ tablespoonful	50
OKRA	2 pods	25
CELERY	3 stalks 4 in. long	50
CARROTS	$\frac{1}{2}$ carrot	25
CAULIFLOWER	1 tablespoonful	25
ASPARAGUS	3 stalks, edible portion	35

SAMPLE DINNER

Dinner allowance, 96 grams of food ($\frac{1}{3}$ of 154 carbo., 50 pro., 77 fats)

CLEAR BROTH	no fat	No food value
		grams
MEAT	medium serving	60
3% VEGETABLE	Brussels sprouts—medium serving	125
20% VEGETABLE	baked potato— $\frac{1}{2}$ small	100
3% VEGETABLE	Lettuce (3 leaves) and tomato ($\frac{1}{2}$ small) salad	125
20% CREAM	2 tablespoonfuls	30
BUTTER	1 small square melted to put in vegetables	15

DESSERT

Fruit cup :

Grapefruit (2 sections)	25
Pineapple ($\frac{1}{2}$ round slice)	50
Melon (1 tablespoonful)	25
Strawberries (2 tablespoonfuls)	100

Or substitute any of the Bavarian creams or cooked desserts for the fruit cup.

1800 CALORIE DIET

Carbohydrates, 186. Proteins, 55. Fats, 93.

Type of foods	Allotment per meal			Total per day	Carb.	Pro.	Fat
	B.	L.	D.				
3% vegetable	0	250	250	500	15	5	0
6% vegetable	0	100	0	100	6	1	0
20% vegetable	0	0	100	100	20	2	0
10% fruit	200	225	175	600	60	6	0
Dry cereal	20	0	0	20	15	2	0
Meat	0	0	60	60	0	15	9
Milk	100	200	0	300	15	9	12
Bacon	10	0	0	10	0	2	4
Bread	45	15	30	90	48	8	2
20% cream	45	30	45	120	5	4	24
Butter	15	20	15	50	0	0	43
Total					184	54	94

One-third of total may be used for each meal : 62 grams of carbohydrates ; $18\frac{1}{3}$ grams of proteins ; 31 grams of fats.

SAMPLE BREAKFAST

		grams
BAKED APPLE	baked without sugar ; eaten with some of the cream	
CEREAL	liberal serving	200
MILK	$\frac{1}{2}$ cupful	100
BACON	3 strips	10
20% CREAM	3 tablespoonfuls	45
BUTTER	1 square	15
BREAD	2 slices (or 2 muffins)	45
COFFEE	No food value	

SAMPLE LUNCH

		grams
CREAM OF TOMATO SOUP		
	Milk $\frac{2}{3}$ cupful	200
	20% cream 2 tablespoonfuls	30
	Tomatoes, cooked and strained $3\frac{1}{2}$ tablespoonfuls	50
GRILLED POTATO	1 small (with some of the butter)	200
STRING BEANS	$3\frac{1}{2}$ tablespoonfuls	100
LETTUCE or CABBAGE SALAD	medium serving	100
FRUIT	$\frac{1}{2}$ small cantaloupe or 1 small serving watermelon or 1 medium-sized peach	150
BREAD	2 thin slices	30
BUTTER	1 small square	10
TEA		

SAMPLE DINNER

CLEAR BROTH	no fat	No food value grams
ROAST BEEF or CHICKEN	ordinary serving	60
3% VEGETABLES	Spinach—medium serving	125
	Asparagus—medium serving	125
20% VEGETABLES	$\frac{1}{2}$ small baked potato (with some of the butter)	100
	Combination salad	
	Cauliflower ($2\frac{1}{2}$ tablespoon- fuls) or lettuce (3 leaves)	125
DESSERT	Fruit or prepared dessert	175
BREAD	1 slice	15
BUTTER	small square used on vege- tables	5
CREAM	3 tablespoonfuls	45

2000 CALORIE DIET

Carbohydrates, 206. Proteins, 60. Fats, 103.

Type of foods	Allotment per meal			Total per day	Carb.	Pro.	Fat
	B.	L.	D.				
3% vegetable	0	250	250	500	15	5	0
6% vegetable	0	0	100	100	6	1	0
20% vegetable	0	125	0	125	25	3	0
10% fruit	225	225	250	700	70	8	0
Dry cereal	20	0	0	20	15	2	0
Eggs	1	0	0	1	0	6	6
Meat	0	0	60	60	0	15	9
Milk	100	200	0	300	15	9	12
Bacon	10	0	0	10	9	2	4
20% cream	30	60	30	120	5	4	34
Bread	45	15	30	90	48	8	2
Butter	15	20	20	55	0	0	47
Total					208	63	104

One-third of total to be used for each meal.

SAMPLE BREAKFAST

		grams
FRUIT	$\frac{1}{2}$ cantaloupe or $\frac{1}{2}$ grapefruit or sliced orange	250
CREAM OF WHEAT	cooked in milk, liberal serving	125
1 EGG PANCAKE	or 1 egg cooked any way	10
BACON	3 slices	10
BREAD	2 slices (or 2 muffins)	45
BUTTER	1 square	15
CREAM	2 tablespoonfuls (1 oz.)	30
COFFEE	No food value	

SAMPLE LUNCH

		grams
VEGETABLE SOUP	Tomatoes $\frac{1}{2}$ small	50
	String beans 1 tablespoonful	35
	Onions 1 slice	40
	Celery 2 stalks	35
	Cauliflower 1 tablespoonful	30
USE MILK	($\frac{2}{3}$ glass) as base	200
3% VEGETABLE	Spinach—medium serving	65
BREAD	2 thin slices	30
20% Cream	4 tablespoonfuls	60
DESSERT	Fruit or cooked dessert	185

SAMPLE DINNER

CLEAR BROTH		No food value
		grams
MEAT	medium serving	60
VEGETABLE SALAD	Lettuce and cauliflower	100
	medium serving—dressing	15
3% VEGETABLE	Stewed tomato—medium	
	serving	100
20% VEGETABLE	$\frac{1}{2}$ small potato, mashed or	
	baked	100
20% CREAM	2 tablespoonfuls	30
BUTTER	1 small square	10
BREAD	1 thin slice	15
TEA OR COFFEE		
DESSERT	Fruit or substitute	150

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